

# Gyashran

A vibrant nebula dominates the center of the image, appearing as a dense cluster of purple and blue gases with a bright, glowing core. This celestial body is set against a dark, star-filled background. Numerous small, white, scattered stars are visible across the entire frame, creating a sense of depth and space.

Pankaj Modak

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## About The Author:-

My name is Pankaj Modak. I was born in the year 2005, in Bokaro district. Which India is located in the state of Jharkhand. My father's name is Shankar Modak and mother's name is Lalita Devi. My two elder brothers and one elder sister. My hobbies:- Watching movies, reading books, reading stories...etc.

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Chapter 1 - Inspirational knowledge :- By doing good deeds, life becomes so joyful. Bad things happen to bad people, but God does not give them immediate death. He gives them a chance to improve, to do good deeds. Because only good deeds can wash away bad deeds. If you become a good person, you will realize how joyful life is. God does not bless you by fasting and worshipping in temples, mosques, churches, etc., God blesses you by the

good deeds you do. One may belong to any religion or caste, but he is a human being.

Doing good leads to good and doing bad leads to bad, it depends on you what you want. Knowledge cannot be snatched away, knowledge can be acquired. Fortune can be made good by doing good deeds. Having some goal in life makes life fun. The one who can solve any problem without fighting is intelligent. People will remember you for your good deeds. Keep

working hard and trying until you succeed. Choose the subject which you like and which you like to study. You can succeed. Good things happen to you by supporting good deeds. Sins are not washed away by bathing in the Ganges, sins are washed away by doing good deeds. Bhagwan, God, Allah, Ishwar have different names, but God is one. Helping in good works, saving someone's life, doing good deeds, sharing knowledge etc. is religion. If

you believe that I can succeed, then you can succeed. Hurting yourself or ending your life on your own is achieving sin. We should enjoy the life that God has given us. It is easy to say that a difficult task is possible, but difficult to do, but not impossible. A lie will trap you, the truth will save you from getting trapped. The result of a good deed is good. Every tree and plant is auspicious, it depends on you what you consider it to be. By focusing

on good things and not focusing on bad things, you can live a good life. No impossible task is impossible. Every day is auspicious, it depends on you what you consider that day to be. Money earned from good deeds will bring you happiness, peace and benefits. Sometimes you have to walk alone to achieve success. Parents want the best for their children. People look more beautiful when they smile than with makeup. By

helping in good works, you feel good and good things happen to you. Future is made by studying and writing and future is also made by playing. If a person praises another person in front of him, then that person's courage increases and he feels good. Your art can also make your future. Your hard work and efforts in good works will lead you to success. The secret of success of great people, scientists, mathematicians, artists is that they kept

working hard and trying until they succeeded. Luck is with those who work hard, try and do good works. Saving or helping the life of any living creature brings happiness, peace, joy and prosperity in your life. Helping in good work, saving life, making people laugh, sharing happiness, sharing knowledge, growing trees and plants...etc. can be called good works. If you have to lose to save a life, then you can lose. Sacrificing or killing

an animal is committing a sin. Whatever things you offer to the idols of people doing good work, mosques, churches, temples...etc., if you give those things to the needy people or the poor instead of offering them, then God will be happy. Comparing yourself with others can make you depressed. People may say anything to you, let them say, keep doing your work, you will definitely succeed one day. Students are putting their own future in darkness by cheating

in exams. Possible work is possible and impossible work is impossible, we just consider possible work as impossible. Doing good work is Dharma. Because one of the main messages of religious texts like Quran, Bhagavad Gita, Bible etc. is to do good work. Synonym of good work can be called Dharma. Dharma = good work. Doing good work is true Dharma. Recognize the true Dharma. In true Dharma your life will be better and good. Beating can spoil

relationships. Therefore, if someone makes a mistake, explain it to him properly, not by beating. If he does not understand even after explaining, then with the passage of time, someday he will understand. If you do not have enough money to take tuition, do not worry. If you have faith, then you can pass the exam even without taking tuition. Because knowledge is needed to pass the exam. Sins will not be washed away by doing puja, fasting,

wounding yourself...etc. Sins will be washed away by doing good deeds. The idols you worship thinking them to be God are actually the idols of people who did good deeds. The life you have got is your first and last life. Enjoy this life. Because no creature gets a second birth and there is no such thing as a soul. A person who does good deeds is considered a good person. A person who does neither bad deeds nor good deeds will also be considered a good

person. But A person doing good deeds will get more benefits. Copy such things which will do good to you. Avoid copying such things which will do harm to you. Keep working hard and keep trying. In the end two things will happen, you will either succeed or perish. But there will be a satisfaction in the mind that I had tried. Enjoy life, you will not get life again. Death is enjoyable only when death comes on its own. Money is useful only as long

as you are alive. Violence done to save your life or to save someone else's life is not bad. Most of the crimes happen late at night. Only God (nature) has the right to give death penalty. By failing in board exams, you do not fail in life. By doing bad deeds, good flowers do not bloom in your life. By not helping, the chances of getting help decrease. The biggest dream should be to 'enjoy life'. So that later you do not regret that I could not enjoy life.

Chapter 2 - Knowledge related to health :- If a girl is married at an age below 21 years, the child to be born is at risk. By not consuming meat and eggs, you can avoid many types of diseases. Watching too many pornographic videos and pictures is effective in reducing your intellectual ability, ability to work, ability to concentrate, physical weakness, hindrance in success and mental illness. But for masturbation and sex practice, a person can watch

pornographic videos for 10 minutes occasionally. This will not affect the brain much and it will be less effective. Rinsing after eating removes the food particles stuck in your teeth and your teeth remain clean and healthy. Consuming garlic and medicine together can cause a reaction on the body. Consuming celery removes all the small worms present in your stomach through stool. Food items which are the main sources of protein are gram dal, roti moong, soybean etc.

Taking 8-9 hours of sleep every day keeps the mind and body healthy. 8-9 hours of sleep can be called complete sleep. There is no benefit in worrying or being under stress. Looking at nature makes your mind happy. Covering food items and water vessels properly saves your water and food from getting contaminated. Wounds or injuries in open air heal and heal quickly. Mustard oil can heal torn skin. In case of keratolysis, applying mustard

oil on that part can cure it. If you write down the things that are causing you stress or trouble on a piece of paper, your mind can feel lighter. By turning off the burning bulb at night or by covering your eyes with a cloth while sleeping, your eyes and brain can be saved from being affected by the bright light of the bulb. By growing trees and plants, the mind remains calm, happy and fresh. By not consuming food containing too much salt or sugar, many types of diseases

can be avoided. The best diet for living beings is fruits, vegetables and seeds and the food items made from them. By telling or sharing your sorrows and worries with someone, your mind becomes light and it is also possible that you get a solution to your problem. Some information for eye health while using a smartphone:- Sleep for about 8-9 hours every day. Always keep the dark theme on the smartphone. This can control the white light coming out of

the smartphone. Which, due to the short distance, falls directly on the retina of the eyes. After six in the evening, reduce the display light on your smartphone completely and turn on Eye Care (Night Shield). (Note:- By watching a virtual reality device very close to the eyes every day, you can lose your eyesight.) It is good to read books and e-books. Reading helps in getting good sleep. The ability to think, the ability to understand, the intellectual ability and the

ability to concentrate increases. Knowledge increases. But it is good to read about seven pages of a book or e-book in 24 hours every day. This will not have any adverse effect on the health of your heart and brain. By watching too many pornographic videos daily, you can become mentally weak and ill. You can also get addicted to it. After which your thinking, understanding and intellectual ability will be affected. After becoming

mentally ill, your sexual life will also be affected. Your happiness will be lost. Anxiety and stress will take over. Which will become an obstacle in fulfilling your desires. 70 percent of rapes in the world are caused by humans watching too many pornographic videos daily. (Note: - Masturbating or having sex is not bad. Watching too many pornographic videos daily is harmful for your health.) Some good ways to avoid this heat -

drink as much water as possible, wear light and white colored clothes, paint the outer layer of the house with white color. Because white color does not absorb light and does not convert light into heat. Consuming refined flour (maida), refined sugar, refined oil and food items made from it on a daily basis increases the chances of obesity, diabetes, brain stroke, heart attack, cancer, respiratory and skin related diseases. This is because they contain many

chemicals. (Artificial sweetener is more harmful than refined sugar). Pig fat is used in the preparation of chewing gum. Consuming it increases the chances of getting sick. Also, swallowing chewing gum in large quantities can land you in the hospital. You may have to turn to other forms of cancer. If not treated, it can even lead to death. Bathing or eating cow dung or cow urine can make you sick. Consuming meat, eggs and products made from

them increases the chances of heart attack and kidney failure. The number of heart attacks and kidney failures is increasing in the world.

Getting a tattoo on the skin of the body increases the chances of skin disease.

Using nail polish increases the chances of your nails getting damaged quickly. Because they contain harmful chemicals. Also, using mehndi can harm the skin of your hands. The length of the penis increases with age and there

comes a time when it stops growing. Medicines to increase its length are useless. Masturbation is not bad, it gives physical pleasure. But daily masturbation can lead to weakness, fatigue, stress, irritability and pressure on the private parts. Using lipstick can increase the chances of developing cancer in your lips. Chemical pastes cannot make you fair, but can increase the chances of dryness and cancer in your skin. Using chemical

fragrances increases the chances of burning sensation in the eyes, redness of the eyes, asthma, breathing problems...etc. Consuming meat, eggs and products made from them increases the chances of stomach diseases, increased laziness, obesity, skin diseases, cancer, kidney failure, heart attack...etc. So think for yourself, long and healthy life or meat and egg food. Soap and detergent powder damage the skin of our body and increase the

chances of dryness, wrinkles and cancer in the skin.

Shampoo and pastes containing chemicals damage the hair and help in hair loss and hairfall. Colgate damages teeth and gums. Soap, shampoo, detergent powder and foam of Colgate. It contaminates water and by using this contaminated water, humans and animals are getting sick. Bathe with water, wash hair with water, wash hands and face with water, wash clothes with water and

protect yourself and water from getting contaminated. By applying mustard oil to hair daily, the smell coming from hair can be removed. If a girl is pregnant at the age of less than 21 years, it can have a bad effect on the health of the mother and child. Do not use chemical paste, clean your teeth daily with a brush and rinse with clean water after eating. By doing this, your teeth and gums will remain clean and healthy for a long time. Drinking cold water from

the refrigerator daily will increase the chances of getting cold and cough. By using air conditioner (AC) daily, the body can become weak in tolerating the temperature of the outside environment and the body may face difficulty in adapting to the outside environment. Mother's milk is the best for children. Human milk is good for her child. Cow's milk is good for its child. Buffalo's milk is good for its child. But if a human (living being) drinks

the milk of another living being, then the possibility of getting many types of digestive, skin, heart related diseases increases. Such as-allergy, itching, gas problem, stomach ache, cold-cough, fever, obesity, weakening of immunity...etc. (Note:- Today, various types of products are made from cow and buffalo milk. They are tortured and harassed every day. To produce more milk every day, they are given many types of medicines. Due to which many

cows and buffaloes die within a few years). Difference between vegetarian life and non-vegetarian life:-

Vegetarian life- Long life, reduced chances of getting complex and serious diseases, agile body, increased attention in work, good sleep...etc.

Non-vegetarian lifestyle- Increase in the chances of getting complex and serious diseases, increase in laziness, lack of attention in work, inability to control anger...etc.

Due to minors and youth watching pornography videos every day for a long time, their mental state is changing. Some are becoming mentally ill, some are going on the path of becoming transgenders and some are going on the path of becoming rapists. (Note:- This report is based on male and female genders). Diwali festival:- It is a festival celebrated with the light of lamps, rangolis, decorations, sweets...etc. Every year, there are side effects of firecrackers

such as:- air pollution, respiratory diseases, lung cancer, polluted air, eye irritation, increase in heat, global warming...etc. (Note:- Every year, hundreds of people die due to air pollution). Holi festival:- It is a festival celebrated with colorful rangolis, decorations and delicious sweets. (Note:- Colors should not be applied on the body, because colors may be made of harmful chemicals). Such films, stories and books, which are

promoting wrong information and superstition. This is having a negative impact on children, youth and the elderly. Their mental condition is getting weak. The ability to think and understand is getting affected badly. For example- stories and films based on magical powers and ghosts...etc. For long life:- Adopt vegetarianism, do not drink milk of other creatures, keep the body clean, drink clean water, eat clean and healthy food, breathe clean

air, do not live in a polluted environment, avoid consuming food items refined with chemicals. Do not do this every day, do not consume refined flour, do not consume intoxicants, do not eat fast food and junk food every day, avoid using chemical pastes, do not use soap every day, sleep for about 8-9 hours, avoid being sad for a long time, do not stay in the sun for a long time during summer, improve your lifestyle. (Believe in good deeds and do good

deeds). Making a relationship between a male and a female and making a relationship between a female and a female. Both these relationships are unnatural. Because new organisms cannot be born from such relationships. (Note:- They can become mentally and physically ill from such relationships). Those who sit most of the time or work on smartphones, laptops or computers while sitting. They should use other options to

keep their body, heart and mind healthy. Such as:- running, walking, push-ups, jumping, cycling...etc. He can use any one of these options daily. For a limited time.

Consuming refined flour (maida) daily can cause piles, appendix, heart attack.

Because refined flour sticks to the intestines. Which can cause harmful bacteria.

Measures to reduce the effects of cancer, heart attack, brain tumor, diabetes, piles, obesity...etc.: Adopt

vegetarianism. Stop consuming refined flour (maida). Do not consume fast food daily. Do not consume refined sugar and refined oil daily. Do not drink milk of other creatures and do not eat food made from their milk. Do not use soap daily. Do not consume intoxicants. Drink clean water. Eat clean food. Do not use chemical pastes. Live in a clean environment. Keep your body clean. Use any one of these options daily, for a limited time. Such as:-

running, walking, push-ups,  
jumping, cycling...etc.

Chapter 3 - Some different knowledge :- Nature is God. There are no ghosts, spirits, past lives and zombies in this world. The existence of all these is just a human imagination. Doing your work with complete honesty makes you feel good. Business runs with good and durable goods. What we see with our eyes can sometimes be a misunderstanding. Burying the body in the soil reduces the possibility of air pollution. Believing in non-violence can

prevent many types of crises. To solve the problem of water, more and more trees and plants should be grown and more and more ponds, dams, wells and dams should be constructed. Because trees and plants bring rain towards them. The storage of the brain is infinite. By running or using a mobile while it is charged, there is a possibility of the battery of the mobile getting damaged and bursting. It would be a mistake to consider the opposing side

weak in the game. By not rearing carnivorous or poisonous animals, you can avoid terrible consequences. Killing or sacrificing any living creature brings unrest, sadness, sorrow and trouble in your life. Teasing any living creature can prove to be dangerous. Dishonesty, theft, violence, lies and greed can put a person in many kinds of troubles. Excessive greed can put a person in many kinds of troubles. There is no benefit in regretting after making a

mistake. One should learn from that mistake and avoid making the mistake again. The main reason for climate change is the decreasing population of trees and plants. Humans get knowledge:- by seeing, listening, reading and writing. Violence and anger lead humans to troubles. By making firecrackers electronically, air pollution can be reduced to a great extent. By making battery-operated vehicles, air pollution can be reduced to a great extent.

Instead of memorizing the speech, it is better to make the speech yourself, this way you will not have the problem of forgetting the speech. The age of many trees can be more than 1000 years. Writers should create such literature, which can give correct information to humans. There is no magic in the world, magic is just a human imagination. Agriculture and business are open to everyone. Reading literature is necessary to create literature.

Many times good prayers are answered. It is better to read or write it rather than memorizing it, this will not seem difficult to you and you will gain knowledge and information. What has happened cannot be changed. Watching more pornographic videos every day will lead you to humiliation. We should take only as much loan as we can repay. Discrimination on the basis of high and low distances you from other people. Foreign trade

connects one country with another country and good relations are formed. By not taking dowry, suicide of millions of girls and female foeticide can be stopped. Man cannot become a Naag or Naagin, man becoming a Naag or Naagin is just a human imagination. By not causing pain, suffering, pain to anyone, you can live a happy life. By telling lies, people get into trouble. We often dream about what we see, think, hear and read with our own eyes. A

living being is born once, lives once and dies once. Some signs of a developed country:- Free education facility, free medical facility, free internet facility, free electricity facility, free telecommunication facility, free emergency facility, developed roads and routes, good law and order, developed forests, clean rivers, ponds, waterfalls, developed industrial system...etc. By insuring your life, even your family members can become your enemies. In

greed for money. Also, insurance companies keep taking your hard earned money by scaring and luring you. So choose your life and hard earned money, not insurance. Do not tell the dark truth or bad things about fake religion, politics, company etc. by showing your identity. Otherwise, they will come after you. They will try to harm you. There are people who are so crazy in the name of fake religion that they can kill and even get killed. Tell them the

truth or tell them about their bad deeds. But by hiding your identity. By having sex with real grandparents or real parents or real siblings or real sister-in-law-brother-in-law or real son-daughter, tension, trouble, sadness can grow in your and their life. Also, there is a possibility of fights, quarrels and life getting into trouble. Chewing gum is a non-vegetarian product. We should not say such things by showing our identity. Which will harm us later. For

example, speaking openly about a company, government or fake religion, harmful product...etc. doing bad work by showing your identity. If you want to speak, speak without hesitation, bring the truth in front of everyone. But by hiding your identity. Be it offline or online betting (juha). If you get caught in its greed, then it will eat away your hard earned money like termites. Save your children from superstitious people during Amavasya and Purnima.

Because there are such superstitious people who are trying to sacrifice your child. Fantasy sports gaming platform is a game of betting. Whether you make a team and win or lose, it does not make much difference to the company. Just because you keep playing, they will keep getting profit. So many people have been ruined because of these platforms. Stay away from these platforms and avoid earning money through short-cut methods. Before

investing in mutual funds (stock market), do research on it. Do not fall into the trap of excessive greed. Do not trust fraudulent companies. Invest only in trustworthy companies. If you have more than enough money, then only invest in mutual funds (share market). By committing suicide, you will have unbearable pain. Your life will end. Your parents will cry. After some time your body will be buried in the soil. The joy that you would have got while living, you will not get

that either. There is no rebirth and soul, that means it will end completely. By committing suicide, you are harming yourself, not others. Suicides happen in the world, but some suicides are murders. Some police officers destroy the evidence found by taking money. Ram Setu is a natural bridge made by nature. By playing the game of gambling, you can get addicted to it. Your mind can be diverted from other works, which are your source of income.

Gambling can also make someone drown in debt. There are billions of creatures on earth. All of them have their own different languages. God neither understands your dialects and languages nor your thoughts. He listens and he enjoys listening. Because the dialects of many creatures are very sweet and melodious. But he sees everything- what is happening on earth, what is going on, what the creatures created by him are doing, what we are doing...etc. There

are many articles, thoughts, knowledge and information available in the world. But it is not necessary that all are correct. Therefore, believe in it completely only after thinking, thinking and studying for yourself. If you have got a good body from nature. If there is no pain or discomfort in the body, then that good body should not be tampered with. Otherwise it can have adverse effects. Like- plastic surgery, hormone replacement therapy...etc. (Note:- Surgery

should be done by those who have pain or discomfort in the body or any other disease). Due to the farmers growing seeds, vegetables and fruits, the prices of food items are normal. Food items are increasing. The governments of the country should provide many facilities to the farmers. Along with this, they should also be given pension every month. Because if most of the farmers stop farming, the situation will become serious. For example, the prices of

food items will increase a lot, the number of adulterations in food items will increase, fake food items will start being produced in large quantities, demonstrations will start happening everywhere regarding the prices of food items, storage of food items will slowly start ending, violence will start erupting everywhere regarding food items, wildlife will start being eaten on a large scale every day, industries and companies will start coming to a standstill,

mortality and disease rates will start increasing, most of the humans will get involved in growing food items. Millions of years ago, not all the big creatures died only because of asteroids. When big creatures like dinosaurs lived on the earth, many asteroids hit the surface of the earth, the magnetic power of the earth protected the earth from those asteroids to a great extent. But the small asteroids that had entered the earth did not die. Due to the force of gravity,

they fell into the land and seas like fireballs at high speed. Due to which the forests caught fire. Forests were burning every year. Gradually the air of the earth became poisonous and polluted. Due to which big creatures could not survive. Many small terrestrial creatures and large aquatic creatures were able to survive. Gradually the pollution decreased. After this incident, the oxygen level on the earth decreased. After which, there was a lot of

difference in the size of the creatures. Due to the decay of trees and plants, the size of the earth got reduced. At the same time, it is decreasing further. (Note: This event is based on a probability). The largest number of species of organisms on earth reside in the oceans. The earth is covered by land about 30 percent and water about 70 percent. Due to the testing of nuclear bombs in the oceans, thousands of organisms living in the oceans die. (Note: This

is based on a probability).  
Soldiers protect the country and its citizens. If they were not there, some country or group would have occupied the country, imposed its bad laws and rules on you, killed people daily and raped women, harassed them, gave them pain, snatched their freedom and tortured them.  
The government of the country should provide bullet proof uniforms, bullet proof helmets, bullet proof glasses and technical gadgets to such

soldiers who go to fight terrorists, Naxalites and enemy soldiers. (Note:- Instead of killing terrorists, Naxalites and enemy soldiers, they should be shot in their legs or made unconscious with smoke bombs until they get injured, it can be good for human life. After that, many types of information can be obtained from them, and they can also be given prison sentence. So that in future they can improve and live a good life). The creation of

humanoid robots and animaloid robots is a danger to mankind and other living beings. If their creation is not stopped, then serious consequences will come out. Like- increase in unemployment, increase in robbery, increase in violent incidents...etc. (Note:- If there is some technical fault in humanoid robots and animaloid robots, they can harm or even kill their owner. Because robots do not fear death, they are lifeless).

Artificial Intelligence (A.I.) technology has been created by humans. Artificial Intelligence answers the user's questions by searching digitally available information. Digital information is available on websites and search engines like Google, Bing, Yahoo. A lot of information on these websites is correct and some information may be wrong. Therefore, Artificial Intelligence can provide correct information as well as wrong information at times.

Trust them only after careful consideration and avoid taking wrong steps. (Note: - It is good to use Artificial Intelligence. It makes it easy to get answers to questions and helps in imagination. Make good use of Artificial Intelligence). The governments of the country should provide legal rights to sex workers. So that unmarried young men and women can enjoy physical pleasure without any legal fear. Also, hundreds of young men and women can get

employment through sex work. (Note:- With sex workers getting legal rights, incidents like rape will decrease in the country. Using condoms will reduce the chances of getting infected with AIDS (HIV virus)). In space, due to solar flares, the garbage present around the earth decreases. This is a process of the solar family. Your good and bad deeds are being added to your account. You will get the benefits and losses of which on this earth itself. (Note:-

There is no place like heaven and hell. Heaven = happiness and hell = sorrow). As the forests are decreasing:- Oxygen level is falling, the lifespan and physical height of humans is decreasing, air pollution is increasing, the earth is getting hot, ice is melting, places are getting submerged, volcanoes are becoming active. (Note:- Instead of reducing forests, empty fields, barren lands and deserts can be used to build new cities. Also, by growing

trees and plants there, that place can be made habitable). Because of some strange writers, today people consider historical events like Ramayana and Mahabharata to be imaginary. But Ramayana and Mahabharata are real events. (Note:- No one had magical powers in these historical events). The God you are going to find in temples, mosques, churches etc., there are idols of people who did good deeds. (Note:- Bhagwan, Allah, God. All

these are the same. Only the synonyms are different). Some ways to increase the battery capacity of your smartphone:- Uninstall or disable the apps that are not needed. Except system apps, turn off the background data of all other apps, turn on the dark theme. In the historical events that happened in ancient times, no one had magical powers nor did anyone have magical bows and arrows. There were many such emperors of historical events. Due to their

good deeds, they are worshipped even today. Some of those historical events are:- Ramayana, Mahabharata, Shiva Gatha, Shri Krishna and Kansa Gatha...etc. Because of some writers, even today people consider these historical events to be mere fictional stories. Freedom is everyone's right. Keeping animals in cages should not take away their freedom. Living in cages, they get bored of their lives and fall sick. Sometimes they die before

time. Humans (organisms) who do bad deeds may have to face natural justice, because nature is watching everything. The death system created by nature keeps controlling the population of animals.